

THE BROWN & POLSON COOK BOOK

Prepared by

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President of the _____
BROWN & POLSON COOKERY CLUB

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Why I Wrote this Book

I wrote this book for a very special purpose—to pass on to as many housewives as I could a certain piece of good news.

It's simply this—cornflour is much more than an ingredient in blancmanges and white sauces! *It can be used to improve almost every dish you're cooking.* Cakes and pastry and steamed puddings, for instance, are infinitely lighter when a little cornflour is mixed with the plain flour—it gives a deliciously short, melt-in-the-mouth texture!

Then for thickening, as you've probably discovered for yourself, cornflour is far better than ordinary flour. You know how flour *will* go lumpy! Well, cornflour simply doesn't! It creams to velvety smoothness. When you're making gravy, it brings out all the flavour of the meat juice, too.

The recipes in the following pages will tell you several of the other ways of using cornflour—and every time, you'll find it improves your cooking.

I've tested every single recipe in this book in the Brown & Polson kitchens. I know they turn out well. You'll find them all ever so easy and not a *bit* expensive.

Yours sincerely,

President of the Brown & Polson Cookery Club.

New Zealand Agent—

Mr. O. L. Baxter, P.O. Box 848, Auckland, C.I.

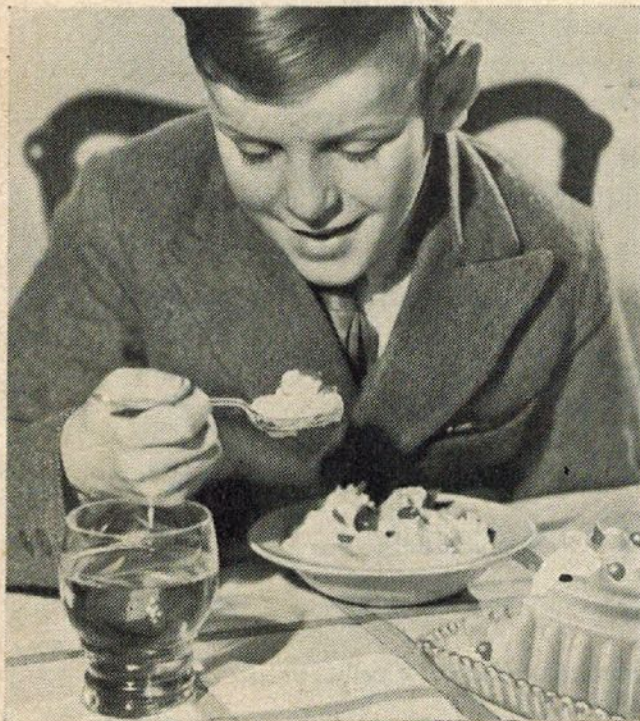
Did you know this about Cornflour?



Brown & Polson Cornflour reaches you in the purest form imaginable—after undergoing eleven separate processes of purification. An important point is that Brown & Polson Cornflour is prepared by a special patented method which makes it a far healthier product than any other cornflour.



Where does your energy come from? You get nearly all your energy from the carbohydrates in the food you eat. These carbohydrates are found in root vegetables and cereals and particularly in the purest form of cornflour. Brown & Polson Cornflour is absolutely pure and is therefore one of the finest energy foods you can buy.



Why do children crave sweet things? Some doctors claim that this craving for sweets is natural—the child needs sweet things to help its body to grow properly. Blancmanges, custards, puddings, etc., made with cornflour satisfy this craving for sweet things and at the same time give the child the energy food he needs.



Why do some people find milk indigestible? Milk forms a clot in the stomach so that young children and delicate people often cannot get the full nourishment from it. You can prevent this clot forming by well boiling a little cornflour with the milk. The cornflour breaks up the clot and so makes the milk easily digested by even the most delicate stomachs.

These Hints will Help You . . .

HOW TO AVOID LUMPS WHEN THICKENING GRAVIES, SOUPS AND SAUCES

When you thicken gravies, soups and sauces with ordinary flour they often go lumpy. You can avoid this if you use Brown & Polson cornflour because it mixes so much more easily than flour, and gives a rich, creamy consistency. Also, cornflour is more economical than flour—you need only half as much, and it takes less time to cook than flour—saves gas.

Gravy made with Brown & Polson cornflour is so smooth that there are no lumps to strain out—so no waste. And cornflour brings out the full flavour of meat juices much better than flour. It boils clear too—you get a rich clear gravy even with little meat juice—never pasty-looking like flour.

Gravies and soups thickened with Brown & Polson cornflour are much more nourishing, because this cornflour is *ALL pure nourishment*. Sauce made with Brown & Polson cornflour has a creamy texture and rich, glossy finish.

1. Always mix cornflour with *cold* water, stock or milk, before adding it to soups and stews.
2. General method for making gravy (*see p. 30*).
3. For making soups (*see Recipes, pp. 9 to 12*).
4. It is important to use the exact amount of each ingredient stated in the recipe. Any difference in weight will alter the consistency of the sauce.
5. When adding hot liquid to a sauce, remove the pan from the fire before pouring it in, and stir vigorously or whisk. This will keep the smooth creamy consistency.

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6. General method for making sauces :

- (a) Melt fat in saucepan.
- (b) Stir in cornflour with wooden spoon. Cook without letting cornflour brown.
- (c) Remove the pan from the heat, pour in liquid, stirring all the time.
- (d) Return to the heat and stir until the sauce boils and thickens.
- (e) Cook for 3 minutes.
- (f) Add seasoning.

Best way to boil VEGETABLES

1. **To bring out the flavour**, always add salt to the water in which you cook your vegetables. About 1 teaspoon of salt to every quart of water is the average proportion. Turnips are the one exception: use 1 teaspoon of sugar instead of salt, as salt hardens them.
2. **All green vegetables**, and most others, should be put into fast boiling water and cooked rather rapidly until done. Old potatoes should be put into cold water, new potatoes into boiling water.
3. **Don't over-cook your vegetables**—it destroys the food value and gives them a watery, insipid taste.
4. **When cooked**, all vegetables should be carefully drained to free them from superfluous moisture.
5. **To avoid the smell** of boiling cabbage, cauliflower, onions, leeks and other greens put in a piece of toasted bread or a crust. Leave the lid of the saucepan off. This preserves the colour.
6. **Root vegetables**; artichokes, parsnips, carrots, beetroot, and vegetables like cauliflower, sprouts, beans, celery, etc., all taste much better if served with a well-made smooth sauce. The sauce may be served separately or poured over the vegetable after it has been drained and put in a dish. Another good idea is to cover the vegetable with white sauce, sprinkle with grated cheese, and brown under the grill or in the oven.

PASTRY "do's" and "don'ts"

1. **Keep everything as cool as possible.** Use cold water and a palette knife for mixing. If possible roll the pastry on a marble or enamel slab.
2. **For short or biscuit crust,** mix a little cornflour with the plain flour. For proportions, *see p. 42.* Use water sparingly. For puff or flaky pastry, the dough should be softer.
3. **Use very little flour** when rolling; roll short crust only once.
4. **A little lemon juice** added to the water used for mixing will improve the flavour and take away the rich taste of the fat.
5. **A very hot oven** is required in order that the starch cells may burst and absorb the fat before it has time to run out. If the oven is too slow, the pastry will be heavy and sodden.

BAKING HINTS worth knowing

1. **Flour used for baking** should be perfectly dry. If at all damp the preparation is sure to be heavy. Before using the flour it is a good plan to place it for an hour or two before the fire until it feels warm and dry, and then run it through a sieve.
2. **Flour should always be sifted** to let in the cold air and to ensure its being free from lumps. Lumpy flour never gives good results.
3. **Break each egg separately into a cup** before it is added to the others. By doing this you will prevent a bad one spoiling the rest.
4. **Always dry currants and sultanas** thoroughly after washing them. This should be done some time before using them so that they will be thoroughly dry. Even a slight dampness will make the currants heavier, and cause them to sink to the bottom of the cake. The cake also is liable to be heavy.
5. **When making cakes, etc.,** be sure to mix all the ingredients very thoroughly. More cakes are spoiled by insufficient mixing than in any other way.

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6. **When butter and sugar are creamed together**, they should be beaten until almost white and quite soft. If the butter is very hard it should be softened slightly in a warm place, but on no account allow it to oil.
7. **Use earthenware bowl with a wooden spoon** when creaming your butter and sugar together. If you cream them in a tin the mixture will darken.
8. **When making a cake by the creaming method** add a little flour to creamed butter and sugar before any eggs are added. This prevents the mixture curdling.
9. **When making a cake by the "rubbing-in" method**, use the tips of the fingers and rub in the fat until the mixture resembles fine breadcrumbs.
10. **When beating eggs and sugar** for a sponge cake, place the basin over a pan of hot water, and beat until the mixture is thick and creamy.
11. **Fruit cakes** should be mixed to a fairly stiff consistency, as if too moist the fruit will sink to the bottom.
12. **When using spices** always mix them with the dry ingredients before any liquid or fat is added.
13. **For large rich cakes** always line the cake tin with well-greased paper. For other cakes well grease the tins, sprinkle in a little flour, shake the tin till the inside surface is covered with a coating of flour, and empty out any that remains.
14. **A good method for greasing tins** is to melt a little lard and apply this to the inside of the tins with a pastry brush. Keep a small tin of lard and a pastry brush especially for this purpose and place the tin on the stove to melt when preparing to bake.
15. **If you use a gas cooker**, light your oven at least 15 minutes before the cake is to go in, and if you have a Regulo on your stove, set it to the right number.
16. **Sponge cakes** need a moderately hot oven. If too hot they will rise quickly and fall again.

17. **Cakes should not be moved when baking** until quite set, especially very light mixtures.
18. **The oven door** should be opened and closed very gently and not wider than necessary when looking at the cake, as a current of cold air will often cause the cake to sink and be heavy.
19. **A cake should be left in the tin** for a few minutes before being turned out. As the cake cools, it shrinks slightly away from the tin and is easier to remove.
20. **If the cake tin has been lined** with paper, this should be removed from the cake as soon as it comes out of the tin. If the paper is left on, it prevents the steam escaping, and tends to make the cake damp and heavy.

How to make steamed and boiled PUDDINGS nicer

1. **To make a light suet pudding** use half flour and half breadcrumbs.
2. **If no steamer is available**, use an ordinary saucepan, and be sure the water only comes half way up the pudding basin.
3. **Steamed puddings** should always be covered with a greased paper. Never put a lid on the pudding basin itself, it seals the pudding so tightly that it becomes heavy.
4. **All suet puddings**, and puddings containing butter or fat of any kind, will be more delicious and appetising if a hot sauce is served with them. Cold milk or cream is liable to congeal the fat and make it unpleasant.

Note.—Puddings take only half the time to steam if the mixture is put into individual moulds—dariole tins or even small tea cups which have lost their handles. The puddings need not be covered separately, just one piece of greased paper is required to cover them all.

Little Points Worth Knowing

1. **To crisp lettuce.** Put into cold water, *without* salt, and allow to stand $\frac{1}{2}$ an hour.
2. **To avoid a sponge sandwich** rising to a point in the middle, make the mixture soft enough to drop readily from the spoon, and bake in a moderate oven.
3. **To prevent a suet pudding** from sticking to the cloth, first cover with greased paper.
4. **Have you tried cabbage this way?** Wash and shred finely—put into a pan of boiling water for 5 minutes, drain, put into a casserole with a little salt and 1 teaspoon butter, cover with the lid, and cook in the oven.
5. **When making meringues** or meringue for decorating the top of a tart, mix 1 teaspoon cornflour with 1 tablespoon sugar to each white of egg.

Homely Weights and Measures

FOR DRY GOODS, FLOUR, CORNFLOUR, SUGAR, ETC

1 breakfastcup	-	-	-	-	-	-	-	= $\frac{1}{2}$ lb.
1 teacup	-	-	-	-	-	-	-	= $\frac{1}{4}$ lb.
2 level tablespoons	-	-	-	-	-	-	-	= 1 oz.
1 „ „	-	-	-	-	-	-	-	= $\frac{1}{2}$ oz.
1 level dessertspoon	-	-	-	-	-	-	-	= $\frac{1}{4}$ oz.
A piece of butter the size of a walnut weighs approx. 1 oz.								
„ „ „							hen's egg	2 oz.

FOR LIQUIDS

1 breakfastcup	-	-	-	-	-	-	-	= $\frac{1}{2}$ pint.
1 teacup	-	-	-	-	-	-	-	= $\frac{1}{4}$ pint.
6 tablespoons	-	-	-	-	-	-	-	= $\frac{1}{4}$ pint.

APPROXIMATE WEIGHTS AND COINAGE

10/-	in silver or 6 pennies	-	-	-	-	-	-	= 2 ozs.
5/-	„ 3 „	-	-	-	-	-	-	= 1 oz.
2/6	„ 1½d.	-	-	-	-	-	-	= $\frac{1}{2}$ oz.



VEGETABLE SOUP

Soups

STOCK

This is the foundation of most soups. Allow 1 quart cold water to 1 lb. of meat bones, and 1 teaspoon salt. Bring to the boil, skim thoroughly and simmer for 3-4 hours. Strain. Water in which potatoes, other vegetables, rice or macaroni have been boiled makes a good stock foundation. Vegetables, bay leaf, peppercorns, etc., can be used for flavouring the stock.

BROWN VEGETABLE SOUP

1 oz. <i>Brown & Polson cornflour</i>	2 oz. <i>dripping or margarine or</i>
2 <i>small carrots</i>	<i>bacon rinds</i>
$\frac{1}{2}$ <i>small turnip</i>	1 <i>quart stock</i>
2 <i>small onions</i>	<i>Seasoning</i>

Cut up the vegetables. Fry the sliced onion in the dripping until browned. Add the cornflour, cook until brown. Add the stock and vegetables. Stir until boiling. Simmer 1 or 2 hours. Sieve if liked, re-heat, season and serve.

TOMATO SOUP

1 oz. <i>Brown & Polson cornflour</i>	1 <i>pint liquor from tomatoes with</i>
2 oz. <i>margarine</i>	<i>stock or water to make up</i>
2 oz. <i>lean ham or bacon trimmings</i>	<i>to 3 pints</i>
1 <i>onion, 1 carrot, 1 stick celery</i>	<i>Salt and pepper</i>
2 <i>lb. tomatoes, or 1 tin of tomatoes</i>	2 <i>teaspoons castor sugar</i>

Melt the margarine and cook in it the chopped ham, sliced onion, carrot and celery. Add the tomatoes (when using fresh tomatoes they should be sliced). Cook for 10 minutes, add the tomato liquor, stock and seasoning, and simmer till all the vegetables are tender (about 1 hour). Rub the soup through a sieve. Return to the saucepan, bring to the boil, add the cornflour mixed with a little cold water, and boil for 3 minutes, stirring all the time. Add sugar and serve. A little cream added to this soup is an improvement.

POTATO SOUP

1 $\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	2 <i>lb. potatoes</i>
2 oz. <i>margarine</i>	2 <i>onions</i>
1 <i>quart stock or water</i>	<i>A few outer sticks celery if in season</i>
$\frac{1}{2}$ <i>pint milk</i>	<i>Salt and pepper.</i>

Melt the margarine, and add the sliced potatoes, onions and celery. Cook for 5 minutes or more without browning. Add the stock and seasoning, and simmer till the vegetables are tender (about 1 hour). Rub the soup through a sieve. Return to the saucepan, add the cornflour mixed smoothly with the milk, and stir till boiling. Continue boiling for 3 minutes.

LENTIL SOUP

$\frac{1}{2}$ oz. <i>Brown & Polson</i> cornflour	1 quart water
$\frac{1}{2}$ pint lentils	1 stick celery if in season
1 carrot, turnip, and onion	Salt and pepper
2 oz. dripping or margarine	

Soak lentils overnight in cold water. Prepare and slice the vegetables. Melt the dripping, add the vegetables, and cook for 5 minutes, then add the lentils, water and seasoning. Let the soup boil gently till all the vegetables are soft (2 hours). Pass the soup through a sieve, return to saucepan, add the cornflour mixed smoothly with a little cold stock. Stir till boiling and boil 3 minutes.

PEA SOUP

Make in the same way as Lentil Soup, using split peas (soaked overnight) instead of lentils, and allow half an hour or more extra time for cooking.

HARICOT BEAN SOUP

Make in the same way as Lentil Soup, allowing 1 hour extra for cooking. The carrot should be left whole and removed before rubbing the soup through a sieve.

CARROT SOUP

1 oz. <i>Brown & Polson</i> cornflour	$\frac{1}{2}$ oz. margarine or dripping
2 lb. carrots	Seasoning
Few bacon rinds or trimmings	2 pints stock or water
1 onion	$\frac{1}{4}$ pint milk

Grate the carrots, chop the onion and put into a pan with the fat and bacon rinds or trimmings. Fry gently without browning. Add liquid and seasoning and simmer gently about 1 hour. Mix the cornflour smoothly with the milk, add to the soup and stir till it boils. Cook 3 minutes longer and serve. If bacon rinds are used be careful to remove them before serving.

RABBIT SOUP

<i>1 oz. Brown & Polson cornflour</i>	<i>1 quart rabbit stock (liquor in</i>
<i>1 oz. dripping</i>	<i>which rabbit has been cooked)</i>
<i>1 onion</i>	<i>Head and any trimmings of rabbit</i>
<i>1 carrot</i>	<i>1 oz. lean ham or bacon trimmings</i>
<i>1 turnip</i>	<i>Seasoning</i>
<i>1 sprig thyme or bay leaf</i>	

Melt the fat in a pan. Prepare the vegetables, cut into small pieces, and cook for a few minutes in the fat with bacon, which should also be cut into small pieces. Add the stock and any trimmings from rabbit. Season and simmer $1\frac{1}{2}$ hours. Strain the soup, add cornflour mixed smoothly with a little cold milk or stock. Stir till it boils. Boil 3 minutes. Re-season and serve.

CELERY SOUP

<i>1 oz. Brown & Polson cornflour</i>	<i>1 pint milk</i>
<i>1 head celery</i>	<i>Salt and pepper</i>
<i>1 onion</i>	
<i>1 pint water in which potatoes or rice have been boiled</i>	

Wash the celery thoroughly and cut it up. Slice the onion. Melt the fat in a pan, add the vegetables, and allow to simmer in the fat for 5 minutes add the water and cook until the vegetables are tender. Rub through a sieve. Mix the cornflour with a little of the milk, put the remainder into the pan with the soup. When almost boiling add the cornflour, cook for 3 minutes and serve at once.



CHEESE CUTLETS

Savouries

CHEESE CUTLETS

- | | |
|---|---------------------------------------|
| 1 oz. <i>Brown & Polson</i> cornflour | 3 tablespoons of water |
| 4 oz. <i>grated</i> cheese | <i>Mustard and cayenne</i> |
| 2 oz. <i>margarine</i> | <i>Egg and breadcrumbs or crushed</i> |
| 2 eggs | <i>corn flakes to coat</i> |

Mix the cornflour with a little of the water. Put the remainder on to boil with 1 oz. margarine. Add the cornflour and cook until the mixture leaves the sides of the pan. Remove from the heat, add the cheese, eggs, seasoning and the other ounce of margarine. Spread on a wet plate to cool. Shape into cutlets, coat with egg and breadcrumbs or crushed corn flakes. Fry a golden brown.

FRICASSÉE OF EGGS

$\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	1 oz. <i>margarine</i>
4 <i>hard-boiled eggs</i>	<i>Seasoning</i>
$\frac{1}{2}$ <i>pint milk</i>	<i>Breadcrumbs or crushed corn flakes</i>

When hard boiled, crack the eggs and plunge into cold water. When cold remove the shells and cut into slices. Arrange neatly in a dish. Melt the margarine in a saucepan, add the cornflour and mix with a spoon. Cook a little. Add the seasoning and milk, bring to the boil. Boil 3 minutes, pour over sliced eggs, sprinkle with breadcrumbs or crushed corn flakes, and brown under the grill or in the oven.

CHEESE BISCUITS

2 oz. <i>Brown & Polson cornflour</i>	3 oz. <i>grated cheese</i>
2 oz. <i>flour</i>	1 <i>yolk of egg</i>
2 oz. <i>margarine</i>	<i>Salt and pepper</i>

Sift the flour and cornflour. Rub in the fat, add the cheese, egg and seasoning, knead to a smooth paste. Roll out to $\frac{1}{4}$ inch thick, cut into rounds. Bake on a greased tray in a moderate oven until a pale brown—10 to 12 minutes. Regulo 5. Temperature 400° F.

SAVOURY MOULD

2 oz. <i>Brown & Polson cornflour</i>	1 <i>teaspoon chopped parsley</i>
1 $\frac{1}{2}$ <i>pints milk</i>	1 oz. <i>margarine</i>
6 oz. <i>cooked ham (chopped)</i>	$\frac{1}{4}$ <i>teaspoon grated lemon rind</i>
6 oz. <i>chopped chicken, kidney,</i> <i>or any cold meat (no fat)</i>	<i>Salt and pepper to taste</i>
	1 <i>teaspoon gravy browning</i>

Mix the cornflour with a little of the milk to a smooth cream. Bring the rest of the milk to the boil and stir in the cornflour. Add the margarine and boil 3 minutes, stirring all the time. Mix the meat, ham, parsley, lemon rind, and salt, pepper and gravy browning together. Stir into the cooked mixture. Pour into a wetted mould. Turn out when cold. Serve with potato salad and mayonnaise sauce (*page 22*).

FISH PIE

$\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	1 <i>onion</i>
1 <i>tin of salmon or remains of cold fish</i>	1 <i>lb. mashed potatoes</i>
1 oz. <i>margarine</i>	1 <i>teaspoon chopped parsley</i>
1 $\frac{1}{2}$ <i>gills milk (4 gills to a pint)</i>	<i>Pepper and salt</i>

Chop the onion finely, and cook it for about 8 minutes in the milk. Meanwhile flake the salmon or cold fish, removing bones and skin, and mix the cornflour with a very little additional milk—1 tablespoon is sufficient. When the onion is cooked, stir the cornflour into the boiling milk, and simmer for 3 minutes. Add pepper and salt, the flaked fish, and one or two drops of anchovy essence, if liked. Line a pie dish with mashed potatoes, reserving some for the top. Put the fish mixture into the dish and top with potato. Mark with a fork and re-heat in a moderately hot oven. Regulo 6. Temperature 425° F.

CROQUETTES OF COLD MEAT

1 oz. <i>Brown & Polson cornflour</i>	1 <i>onion</i>
$\frac{3}{4}$ <i>lb. cold meat (beef or mutton or ham and beef mixed)</i>	2 <i>teaspoons finely chopped parsley</i>
$\frac{1}{4}$ <i>pint stock or gravy</i>	<i>Little grated nutmeg</i>
1 oz. <i>margarine</i>	<i>Pepper and salt</i>

Chop or mince the meat, after removing gristle and fat. Melt the margarine in a small saucepan, and fry the chopped onion until golden brown. Stir in the cornflour, add the stock and cook for 3 minutes. Add the chopped parsley, meat, little grated nutmeg, pepper and salt, and beat the ingredients well together until thoroughly mixed. Turn out on to a wet plate to cool, divide into equal sized pieces. Make into balls, flat cakes or logs, whichever shape is preferred. Coat with egg and bread-crumbs or crushed corn flakes. Fry in a pan of deep fat from which a faint blue smoke is rising. Drain. Garnish with parsley.

SCALLOPED HAKE

1 oz. <i>Brown & Polson cornflour</i>	$\frac{1}{2}$ pint <i>water in which fish has</i>
$\frac{1}{2}$ lb. <i>cooked hake or any other</i>	<i>been cooked</i>
<i>white fish such as cod,</i>	$\frac{1}{4}$ pint <i>milk</i>
<i>whiting or fresh haddock</i>	<i>Little powdered mace if liked</i>
$\frac{1}{2}$ to $\frac{3}{4}$ lb. <i>mashed potatoes</i>	3 oz. <i>stale grated cheese</i>
1 oz. <i>margarine</i>	<i>A few breadcrumbs or corn flakes</i>
	<i>Pepper and salt</i>

Melt the margarine in a saucepan, stir in the cornflour, add the milk and water, and stir whilst it is coming to the boil. Simmer for 3 minutes. Whilst the sauce is cooking, flake the fish, removing skin and bone. Add the flaked fish, the cheese, pepper, salt, a little mace, and half the mashed potatoes. Butter five or six scallop shells—according to their size—and line with remaining half of the mashed potatoes. Then three-parts fill each one with the fish mixture, sprinkle breadcrumbs or corn flakes over the top of each, and put a nut of butter on top. Brown in a moderately hot oven. Regulo 6. Temperature 425° F.

CHEESE AND POTATO PIE

1 oz. <i>Brown & Polson cornflour</i>	1 pint <i>milk</i>
1 $\frac{1}{2}$ lbs. <i>cooked potatoes</i>	1 oz. <i>butter</i>
1 <i>hard-boiled egg</i>	<i>Seasoning</i>
4 oz. <i>grated cheese</i>	

Cut potatoes in fairly thick slices. Put in a greased pie dish with slices of hard-boiled egg. Melt the butter in a pan, add cornflour and mix well. Add the milk and stir until the mixture boils. Cook for 3 minutes. Add 3 oz. of the grated cheese and seasoning and pour over the potatoes. Sprinkle the rest of the cheese on top with a few breadcrumbs or corn flakes. Bake in a moderately hot oven 15 to 20 minutes. Regulo 6. Temperature 425° F.

CURRY

1 oz. <i>Brown & Polson cornflour</i>	1 <i>onion</i>
1 lb. <i>cooked meat</i>	1 <i>tomato</i>
2 oz. <i>dripping</i>	1 <i>green apple</i>
1 <i>tablespoon curry powder</i>	1 <i>teaspoon lemon juice</i>
$\frac{3}{4}$ <i>pint water or stock</i>	<i>Salt and pepper</i>

Cut the meat in small pieces. Fry the chopped onion in the fat till golden brown. Add the chopped apple, sliced tomato, cornflour, curry powder, and salt. Cook gently for a few minutes, add the stock, simmer for half an hour. Add the meat and keep hot in the sauce for about 1 hour. Add lemon juice, season carefully. Serve on a hot dish with a border of rice.

MACARONI CHEESE

$\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	<i>Seasoning</i>
2 oz. <i>macaroni</i>	1 oz. <i>butter or margarine</i>
2 oz. <i>grated cheese</i>	$\frac{1}{2}$ <i>pint milk</i>

Break the macaroni into 2-inch lengths and boil in salt water till tender (about 20 minutes). Melt the fat, add the cornflour, cook a little, add the seasoning and milk. Stir till boiling and boil for 3 minutes. Add the macaroni and most of the cheese, place in a greased dish, sprinkle the rest of the cheese over with a few breadcrumbs or corn flakes. Brown in a moderately hot oven or under the grill. Regulo 6. Temperature 425° F. Serve very hot.

CHEESE AIGRETTES

2 oz. <i>Brown & Polson cornflour</i>	<i>Frying fat</i>
2 oz. <i>flour</i>	<i>Cayenne pepper</i>
3 oz. <i>grated cheese</i>	2 <i>eggs</i>
$\frac{1}{2}$ <i>pint water</i>	1 oz. <i>margarine</i>

Mix the flour and cornflour to a smooth cream with a little of the water. Put the remainder of the water and margarine into a stewpan, and bring

to the boil. Stir in the flour and cornflour, and work the mixture over the heat with a wooden spoon until it leaves the sides of the pan clean. Allow to cool a little and add the eggs one at a time, beating each thoroughly, add the grated cheese (keeping a little back for sprinkling over the aigrettes), and season with cayenne pepper. Drop the mixture by means of a dessertspoon into hot fat, cook about 15 minutes. Drain the aigrettes on paper. Dish up, sprinkle over with grated cheese, and serve hot.

WELSH RAREBIT

<i>1 teaspoon Brown & Polson cornflour</i>	<i>1 oz. margarine</i>
<i>2 oz. cheese</i>	<i>$\frac{1}{4}$ teaspoon mustard</i>
<i>$\frac{1}{2}$ teacup milk</i>	<i>Salt and pepper</i>

Grate or shred the cheese. Melt the margarine, stir in the cornflour and mustard, add the milk, cheese and seasoning, stir over a gentle heat till smooth and thick. Pour on to buttered toast and serve hot. Welsh Rarebit made with cornflour is much more digestible.

EGG CUTLETS

<i>$\frac{1}{2}$ oz. Brown & Polson cornflour</i>	<i>1 teaspoon curry powder</i>
<i>2 hard-boiled eggs</i>	<i>Seasoning</i>
<i>$\frac{1}{2}$ oz. margarine</i>	<i>Egg and breadcrumbs or crushed</i>
<i>$\frac{1}{4}$ pint milk</i>	<i>corn flakes for coating</i>

Melt the margarine, add the curry powder and cornflour, and cook for a few minutes. Add the milk. Stir until the mixture leaves the sides of the pan. Add the hard-boiled eggs (chopped finely) and seasoning. Turn on to a wet plate to cool. Shape into cutlets. Coat with egg and breadcrumbs or crushed corn flakes, and fry a golden brown. Serve hot with lemon. A piece of macaroni may be inserted in each cutlet to represent the bone.

LIVER AND TOMATO SAVOURY

1 tablespoon Brown & Polson cornflour

$\frac{1}{2}$ lb. liver

4 tomatoes

Slices of bread

Seasoning

Dripping for frying

Cut the liver into pieces and allow one or two pieces for each slice of bread. Wash and dry the liver and toss in seasoned cornflour. Put plenty of dripping into the frying pan; fry the bread golden brown on both sides, drain and keep on hot dish. Fry the liver, allowing about 7-10 minutes, and then fry the tomatoes (cut in halves). Place the liver on the fried bread and put a tomato on top, sprinkle with salt and pepper. Serve very hot.

EGG AND PRAWN SAVOURY

$\frac{1}{2}$ oz. Brown & Polson cornflour

1 oz. margarine or butter

$\frac{1}{2}$ pint milk

1 teaspoon anchovy essence—seasonings

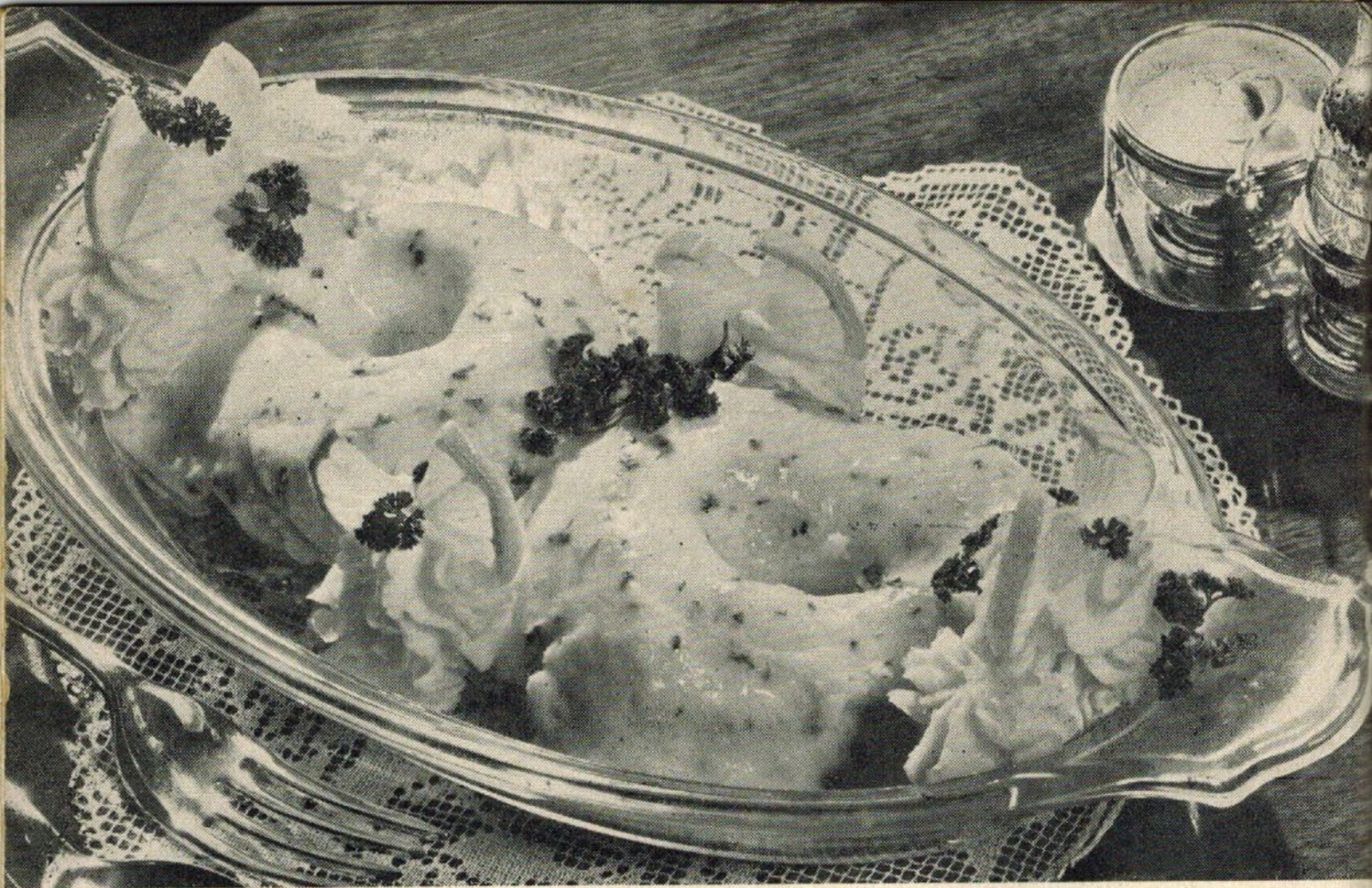
3 tablespoons grated cheese

3-4 hard-boiled eggs

Small tin or $\frac{1}{2}$ pint prawns

Breadcrumbs

Melt the fat in a pan, add the cornflour and mix well. Add the milk, stir till boiling and boil for 3 minutes. Add anchovy essence, 2 tablespoons grated cheese and seasonings. Lightly grease a fireproof dish and put in the sliced hard-boiled eggs and the prawns. Pour the sauce over. Sprinkle with the rest of the cheese and some breadcrumbs. Put into a moderate oven to brown. Regulo 5. Temperature 400° F.



FISH AND PARSLEY SAUCE

Savoury Sauces

SAVOURY WHITE SAUCE

$\frac{1}{2}$ oz. *Brown & Polson* cornflour
1 oz. margarine

$\frac{1}{2}$ pint milk
Salt and pepper

Melt the margarine, add the cornflour and mix well, then add the milk. Cook for 3 minutes, stirring all the time. Season as required. If hot liquid is used it must be added very gradually, stirring well to keep the sauce quite smooth. Sauces to be served with fish may be made with half milk and half fish stock. For sauces to serve with boiled meat use half milk and half stock from the meat. Half a teaspoon of lemon juice added is an improvement if the sauce is to be served with fish.

PARSLEY SAUCE

To $\frac{1}{2}$ pint of White Sauce add two teaspoons chopped parsley and if for fish $\frac{1}{2}$ teaspoon lemon juice.

ANCHOVY SAUCE

Add enough essence of anchovy to colour the sauce a pale pink.

CAPER SAUCE

To $\frac{1}{2}$ pint of White Sauce add one tablespoon capers and a little of the liquid from the bottle. The capers may be cut into halves if liked.

EGG SAUCE

To $\frac{1}{2}$ pint of White Sauce add one chopped hard-boiled egg.

ONION SAUCE

To $\frac{1}{2}$ pint of White Sauce add one Spanish onion cooked and chopped.

CHEESE SAUCE

To $\frac{1}{2}$ pint of White Sauce add 2 oz. grated cheese.

BROWN SAUCE

$1\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	<i>2 oz. dripping</i>
<i>1 carrot</i>	<i>Seasoning</i>
<i>1 onion</i>	<i>1 pint stock</i>

Slice the carrot and onion, and fry in the dripping till brown. Add the cornflour, and continue frying till this also is brown, stirring to prevent burning. Add the stock, and stir till it boils. Boil for 15 minutes. Skim off the fat, season, add a few drops of colouring if necessary, strain, and boil for 3 minutes.

MUSTARD SAUCE *(To serve with boiled or fried herrings or mackerel)*

$\frac{3}{4}$ oz. <i>Brown & Polson cornflour</i>	$1\frac{1}{2}$ <i>teaspoons mustard</i>
1 oz. <i>margarine</i>	$\frac{1}{2}$ <i>pint stock or milk</i>
1 <i>tablespoon vinegar</i>	<i>Pepper, salt, cayenne</i>

Melt the margarine, stir in the cornflour, cook a little, add the stock or milk. Cook for 3 minutes, stirring all the time. Add the mustard mixed with the vinegar, also the seasoning. Re-heat and serve. A little more mustard or vinegar can be added according to taste.

MAYONNAISE SAUCE

2 <i>heaped teaspoons Brown & Polson cornflour</i>	
2 <i>yolks of eggs</i>	2 <i>tablespoons salad oil, or</i>
1 <i>teaspoon mustard</i>	<i>melted butter</i>
1 <i>tablespoon sugar</i>	$\frac{1}{4}$ <i>pint vinegar</i>
<i>Cayenne pepper, salt</i>	$\frac{1}{2}$ <i>pint milk</i>

Mix all dry ingredients; beat up the egg yolks and add, with the oil, vinegar and milk. Put into a double pan and stir until thick. Allow to get quite cold. Add salt to taste and any other seasoning. This quantity yields $\frac{3}{4}$ –1 pint Mayonnaise which can be stored for future use.

Sweet Sauces

SWEET WHITE SAUCE

$\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	1 oz. <i>sugar</i>
1 oz. <i>margarine</i>	<i>Almond, vanilla or</i>
$\frac{1}{2}$ pint <i>milk</i>	<i>sherry flavouring</i>

Melt the margarine, stir in the cornflour, add the milk. Bring to the boil, cook for 3 minutes, stirring all the time. Flavour as required, then stir in the sugar. If hot liquid is used, it must be added very gradually, stirring vigorously to keep the sauce smooth.

MARMALADE SAUCE

$\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	1 <i>tablespoon marmalade</i>
$\frac{1}{2}$ pint <i>water</i>	1 <i>lemon</i>
2 oz. <i>sugar</i>	

Peel the lemon thinly, and boil the rind with the water. Mix the cornflour with the lemon juice. Strain the liquid on to the mixed cornflour. Return to the pan, stir in the sugar and marmalade, and boil for 3 minutes.

JAM SAUCE

Make in the same way as Marmalade Sauce, using one tablespoon of any jam instead of the marmalade. Strain before serving.

RASPBERRY SAUCE

$\frac{1}{2}$ packet (3 <i>teaspoons</i>) <i>Brown & Polson flavoured cornflour (Raspberry)</i>	
$\frac{1}{2}$ pint <i>milk</i>	1 oz. <i>sugar.</i>

Mix the flavoured cornflour smoothly with a little cold milk. Put the rest on to boil with the sugar. Add cornflour, stirring all the time. Cook for 1 minute.

LEMON SAUCE

$\frac{1}{2}$ oz. *Brown & Polson cornflour*
 $\frac{1}{2}$ pint *water*

3 oz. *sugar*
Rind and juice of 2 lemons

Make in the same way as Marmalade Sauce. For Orange Sauce use two oranges instead of the lemons with the juice of half a lemon.

MARSHMALLOW SAUCE

$\frac{1}{2}$ oz. *Brown & Polson cornflour*
 $\frac{1}{2}$ pint *milk*

2 oz. *marshmallows*

Put the marshmallows into a pan with the milk and heat slowly till they have melted. Mix the cornflour smoothly with 1 tablespoon cold milk. Add to the milk in the pan, stir till boiling, and cook for 3 minutes. Whisk well before serving.

BANANA SAUCE

$\frac{1}{2}$ oz. *Brown & Polson cornflour*
 $\frac{1}{2}$ pint *water*
2 *bananas*

1 *lemon*
2 *tablespoons sugar*

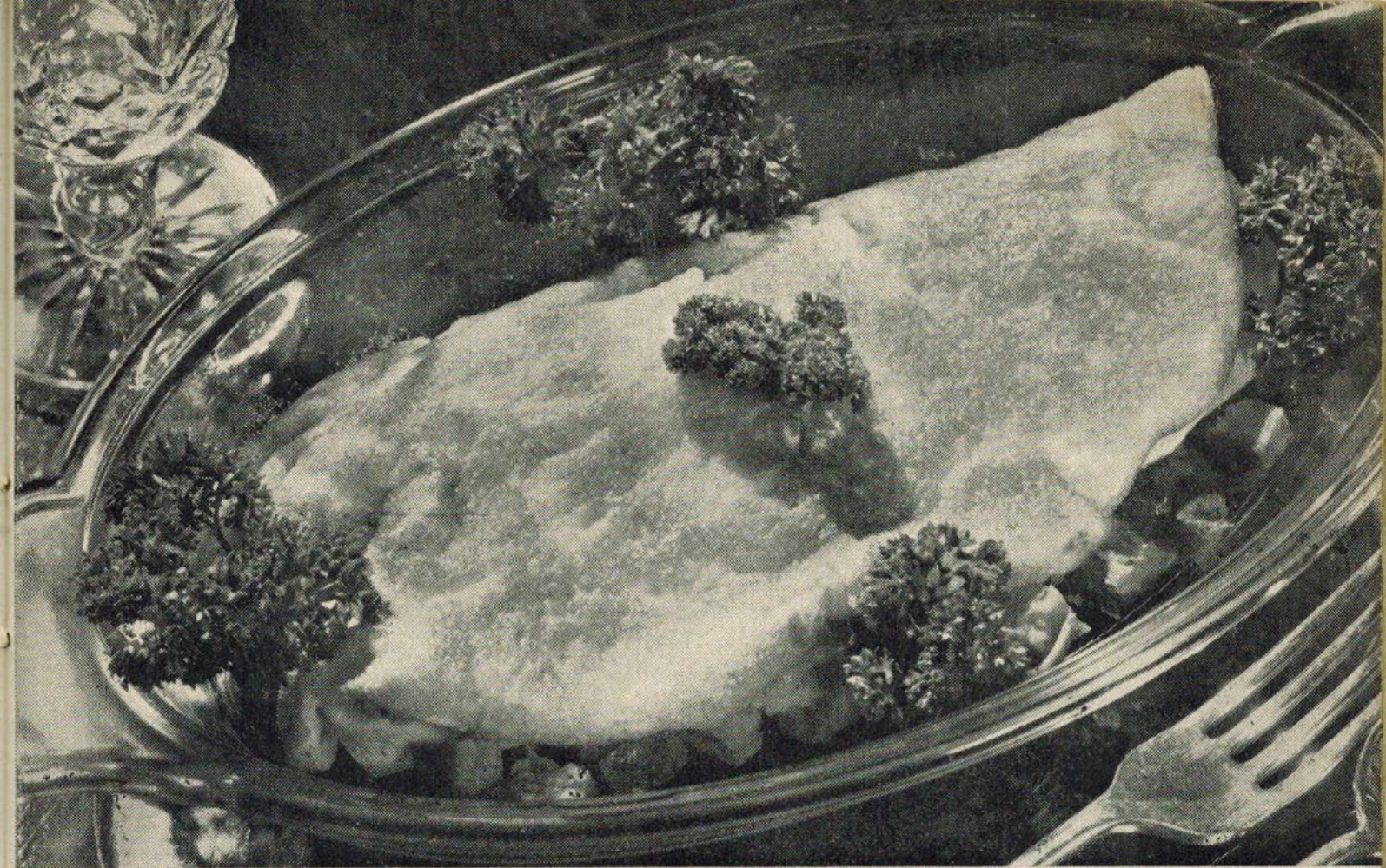
Put the water into a pan with thinly cut lemon rind, and heat slowly to boiling point. Peel and slice bananas, sprinkle with sugar and lemon juice and leave to stand about 20 minutes. Mix the cornflour with 1 tablespoon cold water. Strain the boiling water on to it, return to the pan, stir till boiling, and cook for 3 minutes. Add bananas and mix well.

LEMON SYRUP SAUCE

$\frac{1}{2}$ oz. *Brown & Polson cornflour*
 $\frac{1}{2}$ pint *water*

1 *dessertspoon golden syrup*
 $\frac{1}{2}$ *lemon*

Squeeze the juice from $\frac{1}{2}$ lemon, remove as much of the white pith from the skin as possible and cut the peel into very fine shreds. Put into a pan with the water and syrup and heat slowly. Mix the cornflour smoothly with the lemon juice and add to the liquid in the pan. Stir till boiling and cook for 3 minutes.



HAM OMELETTE

Omelettes and Souffl s

SAVOURY OMELETTE

$\frac{1}{2}$ oz. *Brown & Polson* cornflour
 $\frac{1}{2}$ teacup milk
2 eggs

$\frac{1}{2}$ teaspoon each salt, pepper and
made mustard
 $\frac{1}{2}$ to 1 oz. butter or lard

Mix cornflour to a smooth cream with a little milk, bring the remainder to the boil, pour in the cornflour ; boil for 3 minutes, stirring all the time. Then remove from the heat. Separate the eggs, drop the yolks one at a time into the sauce, stir well and season. Beat the whites stiffly

with pinch of salt, and lightly stir into the prepared sauce. Heat the butter or lard in pan and pour in mixture. Shake the pan lightly over the heat till the underside is nicely browned. Brown the top under the grill or in the oven. Fold over and serve on hot plate at once.

HAM OMELETTE

Make as for Savoury Omelette, adding one tablespoon chopped cooked ham to the mixture before adding the white of egg.

CHEESE OMELETTE

Make as for Savoury Omelette. Sprinkle with a tablespoon grated cheese before folding over. Serve with tomato sauce poured round it.

CHEESE SOUFFLÉ

1 $\frac{1}{4}$ oz. <i>Brown & Polson cornflour</i>	2 eggs
1 oz. <i>margarine</i>	1 $\frac{1}{2}$ oz. <i>grated cheese</i>
$\frac{1}{2}$ pint <i>milk</i>	<i>Pepper, mustard and salt</i>

Melt the margarine in a saucepan, add the cornflour, cook a little. Add the milk, bring to the boil, cook for 3 minutes, stirring all the time. Remove from the heat, add the cheese and yolks of eggs and seasoning. Beat the whites of the eggs stiffly, and stir them lightly in. Pour the mixture into a buttered dish and bake in a moderate oven for about three-quarters of an hour. Regulo 5. Temperature 400° F. Serve very hot. This is very light, and should be served quickly; soufflés very soon *fall*.

HADDOCK SOUFFLÉ

Make as for Cheese Soufflé, using one small smoked haddock or half a large one instead of the cheese. Boil the haddock, remove the skin and bone, flake with a fork. Pepper is sufficient seasoning.

SWEET SOUFFLÉS

Make as for Cheese Soufflé, substituting flavouring required in place of cheese, and a little sugar. For example, one teaspoon vanilla essence for Vanilla Soufflé.



FISH CROQUETTES

Meat and Fish

FISH CROQUETTES

1½ oz. *Brown & Polson* cornflour
 1 lb. cooked fish
 2 oz. margarine
 1½ gills milk (4 gills to a pint)

Seasoning
 Cayenne
 1 teaspoon anchovy essence
 2 teaspoons chopped parsley

Flake the fish finely, removing all skin and bone. Melt the margarine, add the cornflour, cook a little. Add the milk, and stir well over the heat until the mixture leaves the sides of the pan. Remove from the fire, add the fish, parsley, anchovy essence, and seasoning. Mix well, divide into small portions, and when cold form into cork shapes. Coat with egg and breadcrumbs or crushed corn flakes, and fry in hot fat. Drain on paper. Serve hot, garnished with parsley. Instead of using all fish, ½ lb. fish and ½ lb. potato may be used.

FISH CAKES

Proceed as for Fish Croquettes (page 27)—shape into balls with the hands—place on a floured board and flatten out into cakes.

HARICOT OF VEAL

<i>1 oz. Brown & Polson cornflour</i>	<i>1 onion</i>
<i>2 lb. neck of veal</i>	<i>1 carrot</i>
<i>1½ oz. margarine</i>	<i>1 turnip</i>
<i>1½ pints water</i>	<i>Salt and pepper</i>

Divide the meat into pieces convenient for serving. Cut the vegetables into small dice. Fry the meat lightly on both sides in the fat and remove to a plate. Add the cornflour to the fat in the pan, and fry slowly until browned. Then add the water. Stir until boiling. Season to taste, put in the meat and vegetables, and simmer gently with the lid on until tender—about 2 hours.

SCOTCH COLLOPS

<i>½ oz. Brown & Polson cornflour</i>	<i>1 onion</i>
<i>1 lb. steak, minced</i>	<i>Seasoning</i>

Boil the onion until tender, chop finely. Put the minced steak into a pan, cover it, but not more, with hot water. Stir with a fork over a gentle heat until simmering point. Add onion and simmer $\frac{3}{4}$ hour. Mix the cornflour with a little cold water, add seasoning, and stir into the mince. Cook for 3 minutes and serve with sippets of toast.

DEVILLED MUTTON SLICES

<i>¾ oz. Brown & Polson cornflour</i>	<i>1 dessertspoon Worcester</i>
<i>4 slices of cold mutton</i>	<i>sauce</i>
<i>1 oz. margarine or dripping</i>	<i>Salt, pepper and cayenne</i>

Cut slices of cold mutton about an inch thick. Press the fat and cornflour together on a plate with a knife; drop the sauce in by degrees, mixing at the same time, add the pepper and salt. Spread a little of this mixture over both sides of the meat, and grill them quickly to a nice brown colour. Pile some mashed potato in the centre of a hot dish; stand the pieces of meat round the potato, pour some good gravy round and serve hot.

For GRAVY RECIPES—See page 30.

FRICASSÉE OF RABBIT

1 oz. <i>Brown & Polson</i> cornflour	2 oz. <i>margarine</i>
1 <i>rabbit</i>	$\frac{1}{2}$ <i>pint milk</i>
1 <i>onion</i>	1 <i>teaspoon lemon juice</i>
1 <i>bay leaf (if liked)</i>	<i>Bacon rolls</i>

Cut the rabbit into joints, place in a pan with enough water to cover it. Add bay leaf and onion and seasoning. Simmer until tender. Then strain off the stock, and remove bay leaf. Make a sauce with the cornflour, fat, milk and $\frac{1}{2}$ pint of stock, add lemon juice. Pour sauce over the joints, garnish with bacon rolls, lemon and parsley.

N.B.—Chicken or 1 lb. veal can also be cooked in this way.

FISH RAREBIT

$\frac{1}{2}$ oz. <i>Brown & Polson</i> cornflour	4 oz. <i>cooked fish</i>
1 oz. <i>margarine</i>	1 <i>egg</i>
$\frac{1}{4}$ <i>pint milk</i>	<i>Seasoning</i>
2 oz. <i>grated cheese</i>	<i>Buttered toast</i>

Melt the margarine, add the cornflour, cook a little. Add the milk, bring to the boil, cook for 3 minutes, stirring all the time. Add the cheese, fish (free from skin and well flaked), the beaten egg, and seasoning. Make all quite hot and serve on rounds of buttered toast.

PAISLEY STEW

1 <i>tablespoon</i>	4-6 <i>thin rashers of streaky bacon</i>
<i>Brown & Polson</i> cornflour	1 <i>tomato</i>
1-1 $\frac{1}{2}$ <i>lbs. stewing steak</i>	<i>Seasonings</i>
1 <i>head celery</i>	<i>Water or stock</i>

Cut the meat into pieces, roll in cornflour, and put into a casserole. Roll the rashers of bacon, coat with cornflour and add. Peel and slice tomato, chop celery into inch lengths and put into the casserole with seasonings and enough water or stock to cover. Cook in a slow oven about 2 hours. Regulo 2. Temperature 325° F.

SCOTCH KIDNEY

1 oz. <i>Brown & Polson</i> cornflour	1 <i>onion</i>
$\frac{1}{2}$ <i>lb. ox kidney</i>	$\frac{1}{2}$ oz. <i>butter or margarine</i>
<i>Seasoning</i>	$\frac{3}{4}$ <i>pint stock or water</i>
$\frac{1}{2}$ <i>teaspoon mustard</i>	

Wash and dry the kidney, cut it up and remove the fat from the middle. Melt the fat in a pan. Chop the onion and fry lightly with the kidney. Add the cornflour and brown well without burning. Add seasoning and made mustard, add $\frac{3}{4}$ pint water, stir until boiling. Cover closely, and simmer 1 $\frac{1}{4}$ -1 $\frac{1}{2}$ hours. Serve hot with boiled rice or mashed potatoes.

GRAVY for Roast Meat

Pour off the fat from the meat tin, leaving about 1 tablespoon and the sediment from the meat. Add 1 level tablespoon of cornflour and a little salt and pepper. Mix well and cook until it takes a good brown colour. Add $\frac{1}{2}$ to $\frac{3}{4}$ pint of water, preferably from potatoes or other vegetables that may have been cooked. Stir till boiling and boil for 3 minutes.

GRAVY for dishes other than Roasts

$\frac{1}{2}$ oz. *Brown & Polson cornflour*
1 meat cube

$\frac{1}{2}$ pint stock or water

Mix the cornflour smoothly with a little of the liquid. Put the rest on to heat with the meat cube. When dissolved, add the cornflour, stir till it boils, and boil for 3 minutes. Season carefully.

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You're looking for a sweet?

Well, why not try a Brown & Polson Flavoured Cornflour blancmange? It takes but two minutes to make—yet it looks and tastes like a “party” sweet.

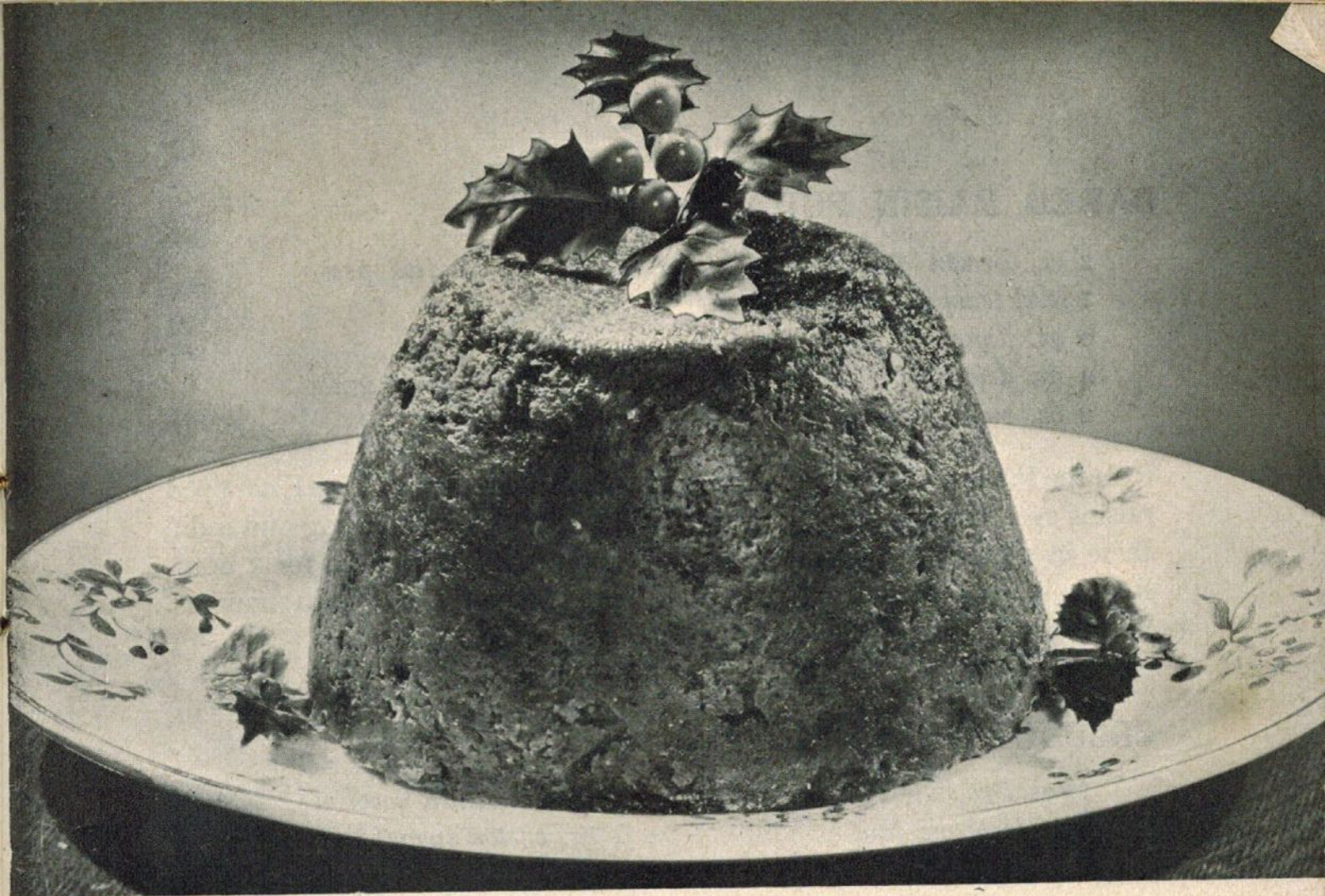
And is it good for the children?

Why, yes—it's all pure nourishment. You've the choice of four flavours, too.

You want a quickly-made pudding sauce?

That's easy—just use *half* a packet of Flavoured Cornflour to the pint of milk and serve hot. It will be the making of the pudding.

In cartons containing 6 one pint packets of assorted flavours :
Raspberry, lemon, vanilla and strawberry.



OLD ENGLISH CHRISTMAS PUDDING

Hot Sweets

OLD ENGLISH CHRISTMAS PUDDING

2 oz. *Brown & Polson cornflour*
6 oz. *flour*
1 $\frac{1}{4}$ lb. *raisins*
 $\frac{3}{4}$ lb. *currants*
 $\frac{3}{4}$ lb. *sultanas*
6 oz. *mixed peel*
2 oz. *almonds*
 $\frac{1}{4}$ lb. *breadcrumbs*

$\frac{1}{2}$ lb. *suet*
Rind and juice of 1 lemon
Level teaspoon mixed spice
Little grated nutmeg
2 or 3 *eggs*
 $\frac{1}{2}$ lb. *dark brown sugar*
Milk to mix

Prepare the fruit, grate the lemon rind, mix all the dry ingredients together in a large basin, beat the eggs together and mix them with a little milk. Stir these into the dry ingredients, adding the lemon juice, and more milk as required. Let the ingredients remain for 24 hours, if possible, before cooking. Beat them up again, put into well-greased basins, cover with greased paper, and steam for 7 hours. When cool, cover with a clean dry cloth, tied securely. Store in a cool, dry place.

BAKED RAISIN PUDDING

<i>2 oz. Brown & Polson cornflour</i>	<i>1 oz. candied peel</i>
<i>1 level teaspoon baking powder</i>	<i>1 egg</i>
<i>6 oz. flour</i>	<i>3 oz. raisins</i>
<i>4 oz. dripping or margarine</i>	<i>About $\frac{1}{4}$ pint milk</i>
<i>2 oz. sugar</i>	

Rub the fat into the flour. Add cornflour, sugar, chopped peel, chopped raisins and raising agent. Mix to a dough with the beaten egg and milk. Bake in a greased Yorkshire Pudding tin in a moderate oven for 1 hour. Regulo 4. Temperature 375° F. Turn out and cut into squares. Sprinkle with sugar and serve with sweet sauce.

COCONUT PUDDING

<i>1½ oz. Brown & Polson cornflour</i>	<i>2 oz. desiccated coconut</i>
<i>2 tablespoons jam</i>	<i>1 oz. castor sugar</i>
<i>1 pint milk</i>	<i>1 egg</i>

Put the jam in the bottom of the pie dish. Mix the cornflour smoothly with a little of the milk. Bring the rest of the milk to the boil and stir the cornflour into it. Add half of the coconut and half of the sugar and the yolk of the egg, stir well. Pour into the pie dish and bake in a slow oven till set. Regulo 3. Temperature 350° F. Beat up the white of egg stiffly and add to the remainder of the sugar and the coconut with 1 teaspoon of cornflour. Spread this over the top of the pudding, and return to the oven to brown slightly.

CASTLE PUDDINGS

<i>1 oz. Brown & Polson cornflour</i>	<i>2 oz. margarine or butter</i>
<i>3 oz. flour</i>	<i>1 egg</i>
<i>4 oz. sugar</i>	<i>Jam</i>
<i>1 level teaspoon baking powder</i>	<i>A little milk</i>

Well grease some small dariole moulds. Sieve the flour, cornflour and raising agent with a pinch of salt. Cream the margarine and sugar, and

beat in the egg. Fold in the dry ingredients lightly and add sufficient milk to make it of a soft dropping consistency. Three parts fill the moulds with the mixture, bake in a moderate oven. Regulo 5. Temperature 400° F. Turn out, coat with hot jam to which a very little water and lemon juice has been added.

CHOCOLATE PUDDING

1 oz. <i>Brown & Polson cornflour</i>	2 oz. <i>butter or margarine</i>
3 oz. <i>plain flour</i>	3 oz. <i>sugar</i>
1 <i>tablespoon cocoa</i>	1 <i>egg—little milk</i>
1 <i>level teaspoon baking powder</i>	$\frac{1}{2}$ <i>teaspoon vanilla essence</i>

Sieve the flour, cornflour and cocoa together. Cream the butter and sugar, add the flour mixture alternately with the beaten egg and enough milk to make a fairly soft consistency. Add vanilla essence and lastly the raising agent. Turn into a greased basin, cover with greased paper, and steam 1½ hours. Serve with sweet white sauce. (*Recipe—page 23.*)

LEMON PUDDING

2 oz. <i>Brown & Polson cornflour</i>	1 <i>egg</i>
5 oz. <i>flour</i>	1 <i>lemon</i>
4 oz. <i>margarine or butter</i>	<i>Pinch of salt</i>
3 oz. <i>sugar</i>	3 oz. <i>golden syrup</i>
1 <i>teaspoon baking powder</i>	<i>Little milk</i>

Grease a pudding basin and put the syrup in the bottom. Sieve the flour and cornflour together. Rub in the margarine, add sugar, grated lemon rind and raising agent. Mix with beaten egg and lemon juice, using a little milk if necessary. Put into the prepared basin and steam for 2 hours. When turned out on to a hot dish the syrup will flow around to form a sauce.

LEMON FRITTERS

$1\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	$\frac{1}{2}$ oz. <i>sugar</i>
$\frac{1}{4}$ <i>pint milk</i>	2 <i>small eggs</i>
$\frac{1}{2}$ oz. <i>margarine</i>	<i>Grated rind of $\frac{1}{2}$ lemon</i>

Mix the cornflour smoothly with the milk. Turn into a pan, add the margarine and sugar, and stir till boiling. Cook until the mixture leaves the side of the pan, stirring vigorously all the time. Add the eggs one at a time, then the grated lemon rind. Form into balls the size of a walnut and drop into hot fat. When brown and well risen, drain on paper and serve hot, sprinkled with sugar.

CHOCOLATE MERINGUE PUDDING

3 <i>level tablespoons Brown & Polson cornflour</i>	
1 <i>dessertspoon cocoa</i>	$\frac{1}{4}$ <i>teaspoon vanilla essence</i>
2 <i>tablespoons sugar</i>	1 <i>egg white</i>
1 <i>pint milk</i>	

Mix the cornflour and cocoa together and mix smoothly with a little of the milk. Put the rest on to heat with 1 tablespoon sugar. Add the cornflour, stirring all the time till the mixture boils. Cook for 3 minutes. Add vanilla essence and turn into a greased fireproof dish. Beat the egg white stiffly, add 1 tablespoon sugar mixed with 1 teaspoon cornflour. Pile on top of the pudding and put into a slow oven to brown. Regulo 2. Temperature 325° F.

CORNFLOUR AND SEMOLINA

$1\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	2 oz. <i>sugar</i>
2 oz. <i>semolina</i>	2 <i>pints milk</i>
<i>Pinch of salt</i>	

Mix the semolina, cornflour and salt with a little cold milk and pour into the rest of the milk when nearly boiling. Add the sugar, boil for 5 minutes, stirring well all the time, turn into a pie dish, and then brown in the oven. This makes a delightful dish.

CORNFLOUR CUSTARD PUDDING

1½ oz. Brown & Polson cornflour 1½ oz. castor sugar
1 pint milk 1 egg
A piece of lemon peel, cinnamon or a bay leaf.

Mix the cornflour with a little of the milk. Beat up the egg. Bring to the boil the remainder of the milk with the sugar and flavouring. If lemon peel, cinnamon, or bay leaf has been used, remove it. Add the cornflour and boil for 3 minutes, stirring all the time. Remove from the heat, cool a little, stir in the beaten egg; pour into a buttered dish and bake in a slow oven till brown on top. Regulo 3. Temperature 350° F.

BAKED MARMALADE PUDDING

2 oz. Brown & Polson cornflour 2 oz. sugar
4 oz. plain flour 4 oz. cake crumbs
3 oz. butter or margarine 2 tablespoons marmalade
1 teaspoon baking powder 1 egg—little milk

Sift the flour and cornflour together. Rub in the fat, add all dry ingredients. Add marmalade and mix to a fairly soft consistency with the beaten egg and a little milk. Turn into a greased fireproof dish and bake 30-40 minutes in a moderate oven. Regulo 5. Temperature 400° F. Serve hot with custard or marmalade sauce. (*Recipe—page 23.*)

APRICOT PUDDING

1 oz. Brown & Polson cornflour 3 oz. butter or margarine
6 oz. plain flour 2 oz. sugar
2 tablespoons apricot jam 1 egg—milk
1 level teaspoon baking powder

Cream butter and sugar, add jam and mix well. Add sifted flour and cornflour alternately with the beaten egg and enough milk to make a fairly soft consistency. Add raising agent last. Turn into a greased basin, cover with greased paper and steam 1½-2 hours. Serve with apricot sauce. (*See recipe for Jam Sauce—page 23.*)

SUMMER SPONGE PUDDING

1 oz. <i>Brown & Polson cornflour</i>	2 oz. <i>sugar</i>
3 oz. <i>plain flour</i>	1 level <i>teaspoon baking powder</i>
2 oz. <i>butter or margarine</i>	1 <i>egg—little milk</i>

Stewed fruit—raspberries, red currants, black currants, etc.

Half fill a pie dish with the stewed fruit. Cream butter and sugar, add sifted flour and cornflour alternately with the beaten egg and enough milk to make a fairly soft consistency. Add raising agent last. Spread over the fruit and bake 30–40 minutes in a moderate oven. Regulo 5. Temperature 400° F. Serve with custard.

GINGER SOUFFLÉ PUDDING

1 $\frac{1}{4}$ oz. <i>Brown & Polson cornflour</i>	1 <i>tablespoon sugar</i>
1 oz. <i>butter or margarine</i>	1 <i>tablespoon ginger syrup</i>
$\frac{1}{2}$ <i>pint milk</i>	2 <i>tablespoons preserved ginger</i>
2 <i>eggs</i>	<i>(chopped finely)</i>

Melt the fat in a pan, add the cornflour and mix well. Add the milk, stir till boiling, boil 3 minutes. Remove from the heat, add egg yolks, sugar, ginger syrup and chopped ginger. Fold in the stiffly beaten egg whites. Turn into a greased fireproof dish and bake about 30 minutes in a moderate oven. Regulo 4. Temperature 375° F.



DAMSON JELLY

Cold Sweets

FRESH FRUIT JELLIES

These jellies are made simply with cornflour and fresh fruit. They are more wholesome and nourishing than prepared jellies and artificially flavoured powders. They are easily made and retain the pleasant flavour and all the good qualities of fresh fruit.

General Recipe

$2\frac{1}{4}$ oz. *Brown & Polson cornflour* $\frac{1}{4}$ to $\frac{1}{2}$ lb. *sugar*
 1 lb. *fresh fruit*

Stew the fruit, rub through a sieve. Fruit pulp and juice should measure $1\frac{1}{2}$ pints. Make up with water if short. With a little of this, mix the

cornflour to a smooth cream. Bring the rest to the boil. Remove the saucepan from the heat. Add the cornflour, boil well for 3 minutes, stirring all the time. Pour into a wet mould. When set, turn out and serve with custard or cream. The juice of half a lemon may be added to help the flavour. Tinned fruit, such as pineapple, may be used if desired.

DAMSON JELLY

<i>2¼ oz. Brown & Polson cornflour</i>	<i>4 oz. sugar</i>
<i>1 lb. damsons</i>	<i>Squeeze lemon juice</i>
<i>½ pint water</i>	

Wash and stew the damsons with the sugar and water till tender. Rub through a sieve, measure the puree and if necessary make the quantity up to 1½ pints with water. Put on to heat. Mix the cornflour smoothly with 3 tablespoons cold water, add to the puree, stir till boiling, and boil for 3 minutes. Add lemon juice, turn into a wetted mould and leave to set.

RHUBARB MOULD

<i>2¼ oz. Brown & Polson cornflour</i>	<i>3-4 tablespoons sugar</i>
<i>1 lb. rhubarb</i>	<i>Juice and rind ½ lemon</i>
<i>½ pint water</i>	

Prepare the rhubarb, cut into inch lengths and cook till tender with the water, sugar and thinly pared lemon rind. Remove lemon rind, beat up well and add lemon juice. Measure the quantity of fruit and syrup and make it up to 1½ pints with water (very little, if any, extra liquid should be required). Mix the cornflour smoothly with a little of the liquid, put the rest on to heat, add cornflour, stir till boiling and boil for 3 minutes. Add one or two drops of cochineal if liked to improve the colour. Turn into a wetted mould and leave to set.

FOAM CREAM *(To serve with Fruits, Fruit Tarts, Puddings, etc.)*

$1\frac{1}{4}$ oz. <i>Brown & Polson cornflour</i>	<i>1 tablespoon sugar</i>
<i>1 pint milk</i>	<i>1 egg</i>

Mix the cornflour smoothly with a little of the cold milk. Put the rest on to heat with the sugar. Add the cornflour, stirring well, and boil for 3 minutes. Remove from the heat, add the egg yolk and fold in the stiffly beaten egg white. Turn into a glass dish.

APPLE DELIGHT

$1\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	$\frac{1}{2}$ to $\frac{3}{4}$ lb. <i>cooking apples</i>
<i>1 pint milk</i>	<i>Sugar</i>
<i>1 egg</i>	

Mix the cornflour smoothly with a little of the cold milk. Put the rest on to boil. Add the cornflour, stirring well and cook for 3 minutes. Add 1 oz. sugar and the egg yolk. Turn into a pie dish and bake in a moderate oven 10 to 15 minutes. Regulo 4. Temperature 375° F. Cook the apples without sugar and with a very little water, to a stiff pulp. Allow to cool, then sweeten and spread over the top of the pudding. Beat the egg white stiffly, add 1 oz. sugar mixed with 1 teaspoon cornflour, and pile on top of the apple. Return to the oven for a few minutes to brown.

CORNFLOUR BLANCMANGE

$2\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	<i>1 teaspoon margarine</i>
<i>2 pints milk</i>	<i>A pinch of salt</i>
<i>1-2 tablespoons sugar</i>	$\frac{1}{2}$ <i>teaspoon vanilla essence</i>

To make a 1-pint shape, use half the above quantities

Mix the cornflour with a little of the milk, bring the rest of the milk to the boil. Remove from the heat, add the cornflour, stirring well. Add the margarine, salt and sugar, boil for 3 minutes, stirring all the time. Pour into a wet mould. When cold, turn out and serve. If flavouring essence is used, add after boiling; or a strip of lemon rind, a stick of cinnamon or a bay leaf may be boiled with the milk and then removed.

COCONUT CREAM

$1\frac{1}{4}$ oz. <i>Brown & Polson cornflour</i>	1 oz. <i>desiccated coconut</i>
1 <i>pint milk</i>	1 or 2 oz. <i>sugar</i>
1 oz. <i>margarine</i>	<i>Few drops of colouring</i>

Mix the cornflour with a little of the milk, bring the rest of the milk to the boil. Add the cornflour and cook for 3 minutes, stirring all the time. Add the margarine, sugar, coconut and colouring. Stir well and pour into wetted mould to set.

DATE AND WALNUT DELIGHT

$1\frac{1}{4}$ oz. <i>Brown & Polson cornflour</i>	2 oz. <i>dates</i>
1 <i>pint milk</i>	1 oz. <i>walnuts</i>
1 oz. <i>sugar</i>	

Stone and cut dates into small pieces, but do not chop them. Chop the walnuts. Mix the cornflour smoothly with a little cold milk, put the rest on to heat with the sugar. Add the cornflour, stirring all the time and cook for 3 minutes. Add the dates and walnuts and mix well. Turn into a wetted mould and leave to set.

BUTTERSCOTCH MOULD

$1\frac{1}{4}$ oz. <i>Brown & Polson cornflour</i>	1 oz. <i>chopped nuts</i>
1 <i>pint milk</i>	10 <i>lumps loaf sugar</i>
1 oz. <i>sugar</i>	2 <i>tablespoons water</i>

Mix the cornflour smoothly with a little cold milk—put the rest of the milk on to heat with 1 oz. sugar. Add the cornflour, stirring all the time, and cook for 3 minutes. Put loaf sugar and water together in a strong pan and boil until it takes a good brown colour. Add carefully to the blancmange, add nuts and mix all well. Turn into a wetted mould and leave to set. Decorate as liked with chopped nuts or whipped cream, etc.

ORANGE SPONGE

$1\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	<i>1 teaspoon butter or margarine</i>
$\frac{3}{4}$ pint milk	<i>1 egg</i>
<i>2 tablespoons sugar</i>	<i>1 orange—$\frac{1}{2}$ lemon</i>

Mix cornflour with a little of the cold milk. Put the rest on to heat with sugar and butter. Add cornflour, stir till boiling, boil 3 minutes. Add egg yolk, grated orange rind, orange and lemon juice. Cool a little, fold in stiffly beaten egg white. Turn into a wetted mould and leave to set.

APRICOT DESSERT

$1\frac{1}{4}$ oz. <i>Brown & Polson cornflour</i>	<i>1 oz. sugar</i>
<i>1 small tin apricots</i>	<i>1 egg</i>
<i>1 oz. ground almonds</i>	$\frac{1}{2}$ <i>teaspoon almond essence</i>

Put the apricots with their syrup through a sieve. Measure the quantity and make it up to 1 pint with water. Mix the cornflour and ground almonds smoothly with a little of the cold liquid. Put the rest on to heat with the sugar. Add the cornflour, stir till boiling, boil 3 minutes. Remove from the heat, add egg yolk and almond essence. Fold in the stiffly beaten egg white and serve in individual glasses. Decorate as liked with whipped cream and spiked almonds.

LEMON FLUFFS

<i>2 oz. Brown & Polson cornflour</i>	<i>3 tablespoons sugar</i>
<i>2 lemons</i>	<i>1 egg</i>
<i>1 pint water</i>	

Peel the lemon rind thinly and boil with the water and sugar for 5 minutes. Remove the lemon rind. Mix the cornflour smoothly with the lemon juice, add to the water in the pan, stir till boiling, boil for 3 minutes. Remove from the heat, add egg yolk, and fold in stiffly beaten egg white. Turn into wetted moulds (individual ones for choice), and leave to set. Turn out and decorate as liked with angelica, whipped cream, etc.



CORNISH PASTIES MADE WITH SHORT CRUST PASTRY

Pastry

Short Crust Pastry and Biscuit Pastry made with part cornflour are much crisper and more digestible than when made with all flour. Short Crust Pastry is best for Savoury Dishes, such as Meat Pies, Cornish Pasties, etc. Biscuit Crust is particularly delicious with all kinds of Fruit Pies and Fancy Tartlets and Flans.

SHORT CRUST PASTRY

2 oz. *Brown & Polson cornflour*

6 oz. *flour*

2 oz. *lard*

2 oz. *margarine*

A pinch of salt

Cold water to mix

Sieve together the flour, cornflour and salt. Rub in the fat lightly. Add sufficient cold water to mix to a stiff dough. Knead lightly with tips of fingers until you have a smooth firm dough. Be sure not to make the dough too wet. Roll out and use as required.

BISCUIT CRUST

<i>4 oz. Brown & Polson cornflour</i>	<i>4 oz. margarine</i>
<i>4 oz. flour</i>	<i>$\frac{1}{2}$ oz. sugar</i>
<i>Pinch of salt</i>	<i>Yolk of an egg</i>
<i>Sufficient cold milk or water to mix to a stiff dough</i>	

Sieve the cornflour, flour and salt together. Rub in the fat lightly. Add the sugar. Drop in the yolk of egg. Add sufficient liquid to mix to a stiff dough. Roll out and use as required.

CORNISH PASTIES

<i>$\frac{1}{2}$ lb. short crust pastry</i>	<i>$\frac{1}{4}$ lb. potatoes</i>
<i>$\frac{1}{4}$ lb. steak</i>	<i>Salt and pepper</i>
<i>1 small onion</i>	

Chop or mince the meat and onion, cut the potatoes into small dice. Mix all together, season with salt and pepper, and add two teaspoons water. Roll out the pastry, cut into 6 rounds. Divide the mixture evenly, putting a little heap on each round of pastry. Damp the edges and draw them together at the top, pinching them into a frill with the fingers. Bake in a hot oven at first. Regulo 7. Temperature 450° F., reducing the heat after 15 minutes to finish cooking. Allow about 40-45 minutes.



CORONATION BUNS

Scones and Small Cakes

CORONATION BUNS

2 oz. *Brown & Polson cornflour*
6 oz. *flour*
1 oz. *candied peel*
3 oz. *sugar*
A *little milk*
1 *teaspoon baking powder*

3 oz. *currants*
3 oz. *margarine or butter*
1 *egg*
 $\frac{1}{2}$ *teaspoon almond essence*
1 *tablespoon ground almonds*

Rub the margarine into the sifted flour and cornflour. Add the currants, chopped peel, sugar and raising agent. Mix to a stiff dough with the beaten egg and almond essence, using a little milk if necessary.

Divide into small portions, form each into a ball. Mix the ground almonds with an equal amount of sugar. Brush the buns over with milk and sprinkle with ground almonds and sugar. Bake about 20 minutes in a moderately hot oven. Regulo 6. Temperature 425° F.

LITTLE GENOA CAKES

2 oz. <i>Brown & Polson cornflour</i>	2 oz. <i>sultanas</i>
4 oz. <i>flour</i>	1 oz. <i>glacé cherries, cut in pieces</i>
4 oz. <i>sugar</i>	1 oz. <i>candied peel, chopped</i>
4 oz. <i>butter or margarine</i>	2 eggs
1 level teaspoon <i>baking powder</i>	

Cream the butter and sugar thoroughly. Beat the eggs, add alternately with the sifted flour and cornflour. Add sultanas, cherries cut in pieces, candied peel chopped, and the raising agent. Stir into the mixture, adding a little milk if necessary. Grease one dozen bun tins and half fill with the mixture. Bake in a moderate oven for about 20 minutes. Regulo 5. Temperature 400° F.

SCONES

1 oz. <i>Brown & Polson cornflour</i>	$\frac{1}{2}$ –1 oz. <i>sugar (if liked)</i>
7 ozs. <i>flour</i>	1 oz. <i>currants or sultanas</i>
1 teaspoon <i>baking powder</i>	<i>(if liked)</i>
2 oz. <i>lard or margarine</i>	<i>Sufficient milk to mix to a soft</i>
<i>Pinch salt</i>	<i>dough</i>

Sieve the flours and salt, rub in the fat with the tips of the fingers, add the sugar, fruit and raising agent. Add the milk gradually, mixing with a knife, until the mixture begins to form in large pieces, then lightly draw the ingredients together with the hand. Turn on to a floured board. Knead lightly to make smooth, turn the dough over, roll out to about $\frac{1}{2}$ inch thick, cut into rounds, place on a greased baking sheet, brush with egg or milk to glaze, bake in a quick oven 10–12 minutes. Regulo 8. Temperature 475° F. To make scones richer, an egg may be used with the milk for mixing.

MELTING MOMENTS

8 oz. <i>Brown & Polson cornflour</i>	2 eggs
6 oz. <i>margarine or butter</i>	3 oz. <i>castor sugar</i>
1 <i>teaspoon baking powder</i>	<i>Flavouring of lemon or vanilla</i>

Grease two dozen small patty tins. Cream the margarine and sugar together. Beat the eggs and add the flavouring, then add them alternately with the cornflour to the creamed mixture. Lastly, stir in the raising agent. Put a teaspoon of the mixture into each of the patty tins. Bake for 10 to 12 minutes in a hot oven. Regulo 7. Temperature 450° F. These make delicious little afternoon tea-cakes.

Brown & Polson Flavoured Cornflour (Raspberry, Strawberry, etc.), can be used instead of the cornflour and added flavouring. Use 1 packet Flavoured Cornflour and make up the quantity to 8 oz. with plain cornflour.

PARKIN

2 oz. <i>Brown & Polson cornflour</i>	1 <i>teaspoon ground ginger</i>
6 oz. <i>plain flour</i>	<i>Little grated nutmeg</i>
8 oz. <i>medium oatmeal</i>	1 <i>teaspoon bicarbonate of</i>
8 oz. <i>treacle or syrup</i>	<i>soda</i>
4 oz. <i>butter and lard mixed</i>	$\frac{1}{2}$ <i>teacup milk</i>
4 oz. <i>brown sugar</i>	1 <i>egg</i>

Sieve flour, cornflour and spices together. Rub in the fat, add oatmeal and sugar. Add the syrup, slightly warmed, and the beaten egg. Warm the milk, dissolve the soda in it and mix well together—keeping mixture fairly stiff. Turn into a greased tin (1 lb. size) and bake about 1 hour in a moderate oven. Regulo 4. Temperature 375° F. The parkin should feel firm to the touch when ready.

BOSTON BROWNIES

1 oz. <i>Brown & Polson cornflour</i>	3 oz. <i>butter or margarine</i>
3 oz. <i>plain flour</i>	2 oz. <i>cocoa</i>
2 <i>eggs</i>	3 oz. <i>chopped nuts</i>
6 oz. <i>sugar</i>	$\frac{1}{2}$ <i>teaspoon vanilla essence</i>
1 <i>teaspoon baking powder</i>	

Beat the eggs well, add sugar and vanilla essence and beat again. Melt the butter in a pan, add cocoa, and pour into egg mixture. Mix flour, cornflour and raising agent together and sift into the mixture. Add chopped nuts, leaving behind 2 tablespoons. Grease and flour a shallow tin and turn in mixture. Brush over with egg white and sprinkle with remaining nuts. Bake in a moderate oven about 30 minutes. Regulo 5. Temperature 400° F. Mark into squares while hot and remove when cool.

DROP SCONES

2 oz. <i>Brown & Polson cornflour</i>	1 oz. <i>butter</i>
4 oz. <i>flour</i>	1 <i>egg</i>
1 oz. <i>sugar</i>	About $\frac{1}{4}$ <i>pint milk</i>
1 <i>teaspoon golden syrup</i>	
1 <i>teaspoon of cream of tartar and $\frac{1}{2}$ teaspoon of bicarbonate of soda</i>	

Sift the flours, sugar and raising agents together. Add the beaten egg, syrup, melted butter and milk to form a thick batter. Pour in spoonful on to a hot, greased bakestone or griddle. When brown on the underside, turn and brown equally on the other side.



SCHOOL SPICED CAKE

Cakes

SCHOOL SPICED CAKE

2 oz. *Brown & Polson* cornflour

10 oz. *flour*

6 oz. *dripping or butter*

4 oz. *raisins*

1 *teaspoon* *baking powder*

1 *small teaspoon* *mixed spice*

1 *or 2* *eggs*

6 oz. *sugar*

Milk to mix

Stone the raisins, and cut them in half. Well grease a 2 lb. cake tin. Sieve the flour, cornflour, raising agent and mixed spice into a basin, rub in the butter or dripping with the tips of the fingers. Add the sugar and raisins. Make a well in the centre, mix in the beaten eggs, and sufficient milk to make the mixture of a rather stiff dropping consistency. Put into the prepared cake tin, bake in a moderate oven for about 1 to 1½ hours. Regulo 4. Temperature 375° F.

PLAIN CHOCOLATE CAKE

1 oz. <i>Brown & Polson cornflour</i>	4 oz. <i>castor sugar</i>
6 oz. <i>flour</i>	2 <i>eggs</i>
4 oz. <i>margarine or butter</i>	1 <i>tablespoon cocoa</i>
1 <i>teaspoon baking powder</i>	<i>Few drops of vanilla essence</i>
	<i>Little milk, to mix</i>

Grease a 1 lb. cake tin. Sieve the flour, cornflour, cocoa and raising agent together. Beat the margarine and sugar to a cream, beat in each egg separately. Fold in the dry ingredients as lightly as possible, adding a little milk as required. Put it in the prepared tin, and bake in a moderate oven for about 1 hour. Regulo 4. Temperature 375° F. When cool, ice if desired.

CHOCOLATE ICING

$\frac{1}{2}$ lb. <i>icing sugar</i>	1 <i>tablespoon cocoa</i>
1 or 2 <i>tablespoons cold milk</i>	

Sieve the icing sugar, add the cocoa and very gradually sufficient cold milk to mix to a smooth cream, about the consistency of double cream. Pour the icing on to the cake and smooth with a knife dipped in hot water.

SULTANA CAKE

1 oz. <i>Brown & Polson cornflour</i>	4 oz. <i>margarine or butter</i>
6 oz. <i>flour</i>	5 oz. <i>sultanas</i>
4 oz. <i>castor sugar</i>	2 <i>eggs</i>
1 <i>level teaspoon baking powder</i>	$\frac{1}{2}$ <i>teaspoon vanilla essence</i>

Beat the margarine and sugar to a cream. Whisk the eggs well. Sift the flour and cornflour together. Add a little of the flour mixture to the butter and sugar, beating well, then a little of the egg. Repeat until the eggs and flour are used up. Add the sultanas and vanilla essence. Mix well. Lastly add the raising agent. Place immediately into a well-greased cake tin (1 lb. size). Bake in a moderate oven for about 1½ hours. Regulo 4. Temperature 375° F. When baked remove from the tin and put on a wire tray to cool.

CHRISTMAS CAKE

1 oz. <i>Brown & Polson cornflour</i>	4 oz. <i>raisins</i>
7 oz. <i>plain flour</i>	4 oz. <i>mixed peel</i>
$\frac{1}{4}$ <i>teaspoon salt</i>	4 oz. <i>glacé cherries</i>
1 <i>teaspoon mixed spice</i>	4 oz. <i>chopped almonds</i>
8 oz. <i>butter or margarine</i>	4 <i>eggs</i>
8 oz. <i>sugar</i>	1 <i>tablespoon brandy or rum</i>
8 oz. <i>currants</i>	

Cream the butter and sugar. Sift the flour, cornflour, salt and spice together and add alternately with the beaten eggs, beating well between each addition. Add the fruit, mixing very thoroughly, and lastly the brandy or rum. Put into a 2 lb. tin greased and lined with greased paper and bake in a slow oven $3\frac{1}{2}$ -4 hours. Regulo 2. Temperature 325° F.

ALMOND ICING

$\frac{1}{2}$ <i>lb. ground almonds</i>	2 <i>yolks or 1 egg</i>
$\frac{1}{4}$ <i>lb. icing sugar</i>	1 <i>teaspoon almond essence</i>
$\frac{1}{4}$ <i>lb. castor sugar</i>	

Mix the almonds and sugar together, add the essence and eggs. Knead with the hands until smooth. If not to be used at once wrap in grease-proof paper. N.B.—For less expensive icing, use $\frac{1}{4}$ lb. ground almonds and $\frac{1}{4}$ lb white cake crumbs.

ALMOND CAKE

2 oz. <i>Brown & Polson cornflour</i>	4 oz. <i>sugar</i>
4 oz. <i>plain flour</i>	3 oz. <i>ground almonds</i>
4 oz. <i>butter or margarine</i>	2 <i>eggs</i>
1 <i>level teaspoon baking powder</i>	$\frac{1}{2}$ <i>teaspoon almond essence</i>

Cream the butter and sugar well. Beat the eggs, add almond essence to them. Sift flour and cornflour together and add to the creamed mixture alternately with the eggs. Add ground almonds and, lastly, the raising agent. Turn into a prepared tin (1 lb. size) and bake in a moderate oven about 1 hour. Regulo 4. Temperature 375° F.

ROYAL ICING

1 lb. icing sugar 2 whites of eggs Squeeze of lemon juice

Sieve the icing sugar. Add the lemon juice, drop the whites of egg in one at a time, and beat well. If the icing is the right consistency, it should stand up in points in the basin when beaten.

SEED CAKE

<i>1 oz. Brown & Polson cornflour</i>	<i>5 oz. sugar</i>
<i>7 oz. flour</i>	<i>$\frac{1}{2}$ oz. carraway seeds</i>
<i>Pinch of salt</i>	<i>1 egg</i>
<i>4 oz. margarine or butter</i>	<i>Milk to mix</i>
<i>1 teaspoon baking powder</i>	

Grease a 1 lb. cake tin. Sieve the flours and salt into a basin. Rub in the margarine lightly until it resembles fine breadcrumbs. Add the carraway seeds, sugar and raising agent. Mix thoroughly, stir in the beaten egg and just sufficient milk to mix to a fairly stiff consistency. Bake in a moderate oven until golden brown and firm in the centre. 1-1 $\frac{1}{4}$ hours. Regulo 4. Temperature 375° F.

SPOON CAKE

<i>1 tablespoon Brown & Polson cornflour</i>	<i>2 tablespoons currants</i>
<i>7 tablespoons plain flour</i>	<i>2 tablespoons sultanas</i>
<i>$\frac{1}{4}$ lb. butter or margarine</i>	<i>4 tablespoons sugar</i>
<i>1 tablespoon chopped candied peel</i>	<i>$\frac{1}{2}$ teaspoon mixed spice</i>
<i>3-4 tablespoons milk as required</i>	<i>1 egg</i>
<i>1 teaspoon baking powder</i>	

Sift flour, cornflour and spice together. Rub in the fat lightly. Add sugar, prepared fruit and raising agent. Mix with the egg well beaten and enough milk to make a fairly stiff consistency. Turn into a prepared tin (1 lb. size) and bake in a slow oven about 1 $\frac{1}{2}$ hours. Regulo 3. Temperature 350° F.

CREAM SPONGE SANDWICH

$1\frac{1}{2}$ oz. <i>Brown & Polson cornflour</i>	3 eggs
$1\frac{1}{2}$ oz. <i>flour</i>	3 oz. <i>castor sugar</i>
1 level <i>teaspoon baking powder</i>	<i>Few drops essence vanilla</i>

Grease two sandwich tins. Separate the eggs, whip the whites stiffly with a pinch of salt, add the yolks, sugar, flavouring, beat until thick and creamy. Mix the cornflour, flour and raising agent, sift into the eggs, stir lightly but thoroughly, divide between the two tins, bake in a moderate oven for 10 to 12 minutes. Regulo 5. Temperature 400° F. When cold, join the two halves with mock cream filling.

Note.—Brown & Polson Flavoured Cornflour may be substituted for the cornflour and the flavouring.

MOCK CREAM FILLING

$\frac{3}{4}$ oz. <i>Brown & Polson cornflour</i>	1 oz. <i>castor sugar</i>
1 oz. <i>butter or margarine</i>	$\frac{1}{2}$ pint <i>milk</i>

Mix cornflour with a little cold milk. Put the rest on to heat, add the cornflour, stir till boiling. Cook 3 minutes, stirring all the time; leave till cold. Cream butter and sugar. Whip cold cornflour, then beat into mixture. Use for cakes and cold sweets.

FEATHER CAKE

1 oz. <i>Brown & Polson cornflour</i>	$\frac{1}{4}$ oz. <i>sugar</i>
4 oz. <i>flour</i>	2 eggs
3 oz. <i>butter or margarine</i>	2 <i>tablespoons milk</i>
1 <i>teaspoon baking powder</i>	

Grease a shallow cake tin. Melt the butter. Sift the dry ingredients into a basin. Beat the eggs well and add two tablespoons milk. Pour the melted butter, eggs and milk into the basin and mix thoroughly. Pour into prepared tin and bake in a moderately hot oven for about 15 minutes. Regulo 6. Temperature 425° F. When baked, ice and cut into fingers.

PLAIN ICING

$\frac{1}{2}$ lb. icing sugar
1 to 2 tablespoons cold milk or water

2 or 3 drops any colouring

Sieve icing sugar, add colouring and very gradually sufficient cold milk or water to mix to a smooth cream about the consistency of double cream. Pour the icing on to the cake and smooth to the edge with a knife dipped into hot water. Chocolate icing can be made by adding one tablespoon cocoa to the above mixture. Coffee icing can be made by adding coffee essence according to taste.

FAIRY SPICED CAKE

1 oz. Brown & Polson cornflour	5 oz. flour
1 oz. butter or margarine	$\frac{1}{2}$ teaspoon mixed spice
2 oz. castor sugar	1 egg
1 tablespoon golden syrup	Milk if necessary
1 teaspoon baking powder	

Melt butter, sugar and syrup, then add the egg well beaten. Sift flour, cornflour, raising agent, and spice, and add to the butter mixture. Beat well and then pour in sandwich tin, and bake in a moderately hot oven for 15 to 20 minutes. Regulo 6. Temperature 425° F. When cold, cover with white icing and any other decoration such as desiccated coconut or walnuts, etc.



IMPERIAL BISCUITS

Easy-to-Make Biscuits

IMPERIAL BISCUITS

2 oz. *Brown & Polson cornflour*

6 oz. *flour*

4 oz. *sugar*

1 level *teaspoon baking powder*

1 *egg*

4 oz. *butter or margarine*

Jam

$\frac{1}{2}$ *teaspoon ground cinnamon*

Cream the fat and sugar, add the beaten egg and sifted flour, cornflour, cinnamon and raising agent. Knead until smooth. Roll out on floured board to $\frac{1}{4}$ -inch thick. Cut into rounds—from half the number of rounds remove the centre with a small cutter to form a ring. Put on to a baking sheet and bake in a moderate oven till a golden brown—10–15 minutes. Regulo 5. Temperature 400° F. Cool on a tray. Spread one biscuit with jam, place the ring on top and sprinkle with icing sugar.

CHOCOLATE BISCUITS

<i>2 oz. Brown & Polson cornflour</i>	<i>1 egg</i>
<i>6 oz. flour</i>	<i>4 oz. margarine or butter</i>
<i>4 oz. sugar</i>	<i>1 tablespoon cocoa</i>
<i>1 teaspoon baking powder</i>	<i>1 teaspoon vanilla essence</i>

Cream the margarine and sugar together, add the beaten egg and flavouring. Sift in the flour, cornflour, cocoa and raising agent. Knead to a soft dough, roll out to a $\frac{1}{4}$ -inch thickness, cut into rounds, place on a flat baking sheet and bake in a moderate oven 12 to 15 minutes. Regulo 5. Temperature 400° F.

COCONUT FINGERS

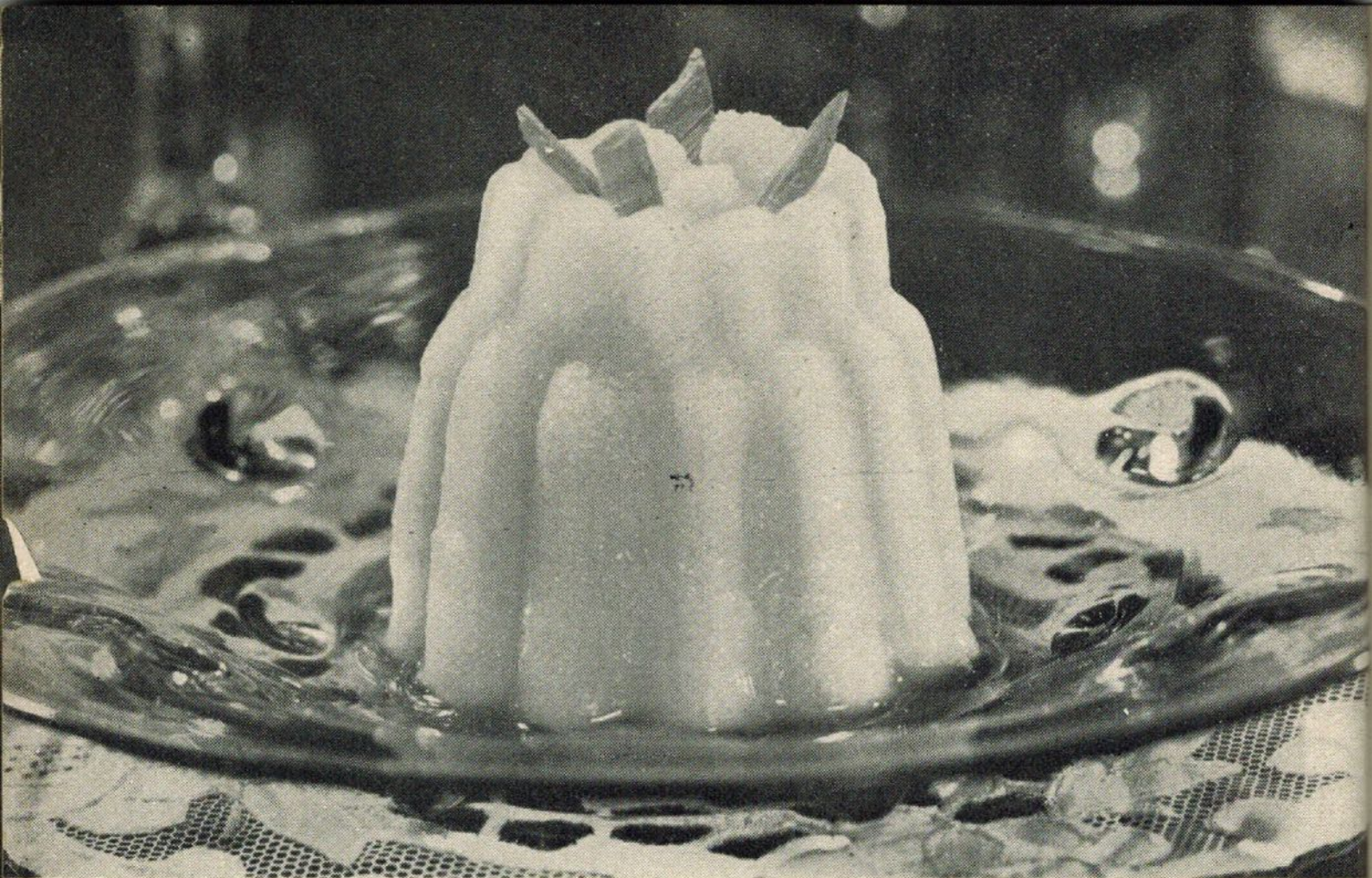
<i>2 oz. Brown & Polson cornflour</i>	<i>2 oz. sugar</i>
<i>6 oz. plain flour</i>	<i>1 egg</i>
<i>4 oz. butter or margarine</i>	<i>2 oz. desiccated coconut</i>

Sift flour and cornflour together, rub in the fat. Add sugar and nearly all the coconut. Add egg yolk and knead all well together. Roll out thinly, cut into finger lengths, and put on to a baking sheet. Brush over with beaten egg white and sprinkle with the remaining coconut. Bake 15-20 minutes in a moderate oven. Regulo 4. Temperature 375° F.

SHORTBREAD BISCUITS

<i>4 oz. Brown & Polson cornflour</i>	<i>1 yolk of egg</i>
<i>6 oz. flour</i>	<i>2 oz. castor sugar</i>
<i>6 oz. butter or margarine</i>	<i>$\frac{1}{2}$ oz. lemon peel</i>

Sift the flour and cornflour together. Rub in the butter lightly. Add the yolk of egg and sugar, knead thoroughly. Turn on to a floured board, knead till smooth. Roll out about $\frac{1}{4}$ of an inch thick. Cut into rounds. Put a strip of peel in the centre of each. Bake in a moderate oven 10 to 12 minutes. Regulo 4. Temperature 375° F.



EGG JELLY

Invalid Diet

EGG JELLY

$\frac{3}{4}$ oz. *Brown & Polson cornflour*

1 *lemon*

2 *yolks of eggs*

2 oz. *sugar*

$\frac{1}{2}$ *pint water*

Peel the lemon very thinly, put the rind into a saucepan with the water, add the sugar, and bring slowly to boiling point. Mix the cornflour with the lemon juice, add the strained liquid, return to the saucepan, and stir till thick. Continue cooking for about 3 minutes, stirring all the time. Cool slightly then add the beaten egg yolks. Stir over a gentle heat to cook the eggs, but do not allow the mixture to boil again. Pour into small moulds rinsed with cold water. Put in a cool place to set.

BANANA WHIP

<i>2 teaspoons Brown & Polson cornflour</i>	<i>2 bananas</i>
<i>1 egg white</i>	<i>Juice of $\frac{1}{2}$ lemon</i>
<i>$\frac{1}{4}$ pint milk</i>	<i>Sugar</i>

Mix the cornflour smoothly with a little of the cold milk. Put the rest on to heat. Add the cornflour, stirring well, and boil for 3 minutes. Turn into a basin and leave to get cold. Mash the bananas thoroughly and add lemon juice. Beat up the cold cornflour mixture, add bananas and sugar to taste, and whip all very well. Beat the egg white stiffly, fold into the banana mixture.

MILK SOUP

<i>$\frac{1}{2}$ oz. Brown & Polson cornflour</i>	<i>$\frac{1}{4}$ oz. castor sugar</i>
<i>A pinch of salt</i>	<i>1 pint milk</i>

Mix the cornflour to a smooth cream with a little of the milk. Put the rest of the milk into a saucepan with the salt and sugar, and bring to the boil. Remove from the fire and add the cornflour, stirring till quite smooth. Boil for 3 minutes, stirring all the time, and serve. For flavouring, add a stick of cinnamon or a bay leaf to the milk, removing it after boiling. To make the consistency of a gruel, use $\frac{3}{4}$ to 1 oz. of cornflour.

BEEF TEA JELLY

<i>1 oz. Brown & Polson cornflour</i>	<i>$\frac{1}{2}$ pint beef tea</i>
<i>Salt and pepper</i>	<i>1 teaspoon butter</i>
<i>$\frac{1}{2}$ pint milk</i>	

Mix the cornflour and seasoning to a smooth cream with a little of the cold milk, bring the remainder of the milk and beef tea (made with either fresh meat or meat extract) to the boil, add the cornflour and boil 3 minutes. Remove from the fire and stir in the butter, pour at once into prepared mould and serve when cold.

CORNFLOUR CUP

<i>1 teaspoon Brown & Polson cornflour</i>	<i>Piece of butter (the size of</i>
<i>$\frac{1}{2}$ pint milk</i>	<i>a small nut)</i>
<i>1 teaspoon sugar</i>	

Mix the cornflour smoothly with a little cold milk. Put the rest of the milk on to heat ; add cornflour, stir until boiling, and cook for 3 minutes. Add sugar and butter. If liked, 1 teaspoon of rum or brandy could be added.

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